

Secret of Beauty Lies In Mind over Matter

By RUTH VOGHT
Special Writer

A lovely looking Broadway Actress who flew into town over the holidays told listening reporters that a woman need only to "hold beautiful thoughts" all day long in order to radiate real prettiness. Since neither nature nor facial creams had done much for me and since it cost not a penny to try her theory (furthermore, the mirror, plus my family had been urging drastic moves toward improvement) her Beauty Treatment was embraced with enthusiasm.

Feeling like the three little monkeys who sit together in a cozy huddle atop blotters on desks and declare to the world that they'll "see no evil, speak no evil and do no evil," I picked, quite foolishly, the day right after the first of the year to apply her magic on worn face lines.

LOOKING back on the first day of her treatment, so many tiny mistakes loom up which could have been avoided if more thought had been given to when this Actress's theory should have been tested.

She said nothing about using it with a housefull of restless school agents who had been together for a full week without one big blow-up as yet. They decided the time had arrived.

IMPORTANT ANNOUNCEMENT
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ived to have a nice healthy, friendly, brotherly and sisterly fight. Their day to argue coincided with the morning picked to "have beautiful thoughts" no matter what.

EVEN IF A PARENT has had years of experience in being asked, "Was it my fault he left his old monopoly game right in the middle of the floor and I stepped on it," or "Is it fair for me to clean up the bathroom when it was messed up by a big clog who didn't hang up his towels?"

A mother finds it difficult to hang on to these beautiful thoughts, which are going to make her pretty as all get out, and she is tempted to command orders as harsh as a General in an army. Disregarding her lovely thought-line she had held from breakfast time, even though there had been a few storm clouds appearing over the oatmeal, she heard herself saying very unbeautiful things such as:

"I DON'T CARE who left the game in the middle of the front room floor and I don't care who dropped the towels on the bathroom floor and spattered up the mirror."

"I want all of you to get a move on around here and lend a hand, do you hear me?" Everyone knows such talk as this isn't going to do much in the way of erasing lines around the eyes and mouth.

Neither is the curt remark: "No one is coming in for lunch today; I've polished this kitchen for the last time; do you understand?"

AND WHEN SHE hears her noon-day voice complaining about

the snow puddles left all over the front 'n back entrances by careless people, little people's boots, she realizes that her thoughts aren't exactly what that Actress had in mind!

Recalling that something was said about being sure to rest a bit, in complete quietness, during the afternoon in order to "go through into the evening with the serene thought theory, no guilt was experienced when it was announced:

"I'm going to my room for a half hour." And when the smallest one asked in amazement "what for," the nerves were still taut enough to reply that my reason for retreating from the smoldering battle front didn't concern anyone.

IF ONE WAS really concentrating on "beautiful things" would one have been able to hear the rumble of discussion erupting from the inhabitants of the play room?

Knowing that only a few minutes are needed before these familiar rumbles grow into full fledged arguments, then to chasing games which threaten lamps, end-tables and what-nots, no woman, no matter how anxious she is to "get beautiful" overnight, can stay hidden in her room—not if she treasures her lamps, end-tables and what-nots.

"If you don't straighten up before supper every last one of you are going to your bedrooms and you won't come out until tomorrow morning! Do you hear me?" They must have defective ears; no one heard.

USING beautiful thoughts as a means toward loveliness must be attempted in complete solitude at first. I'll try it again when the kids are in school.

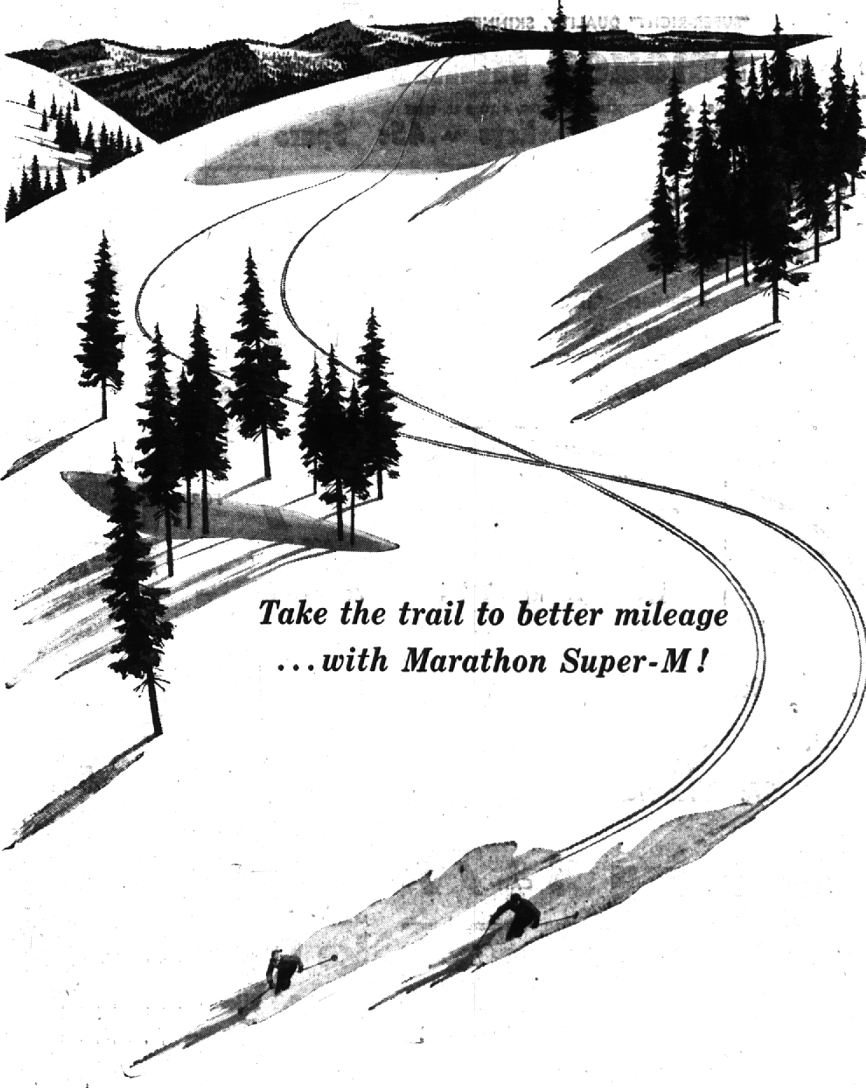
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